

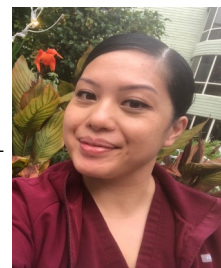


HAPPY HOLIDAYS TO OUR RESIDENTS AND FAMILIES!

Congratulations and a special thank you to all those who contribute in the 6th Annual Resident Art Exhibit. Our residents are so talented! We are already looking forward to next year's show! Please stay in tune for pictures to be uploaded onto our Facebook page.

- **ANNUAL HOLIDAY LIGHT DRIVE:** Every year, we do a Holiday Light Drive around Palo Alto and San Carlos into neighborhoods filled with Christmas lights and décor! This is a popular event, sign up now for the Holiday Light Drive on **Wednesday, December 15th from 5:45pm to 8:00pm**. Limited 12 Residents.
- **THE NUTCRACKER BALLET**– On **December 18th at 2:00pm**, we will be going on an outing to **The Nutcracker Ballet Performance** in **Saratoga**. Tickets are selling fast! To ensure everyone with a ticket, please sign up before the deadline of December 13th. Limit 8 Residents. ***Proof of vaccination may be required upon arrival of entrance.**
- **CARE MANAGEMENT PLAN, MEDICATION and NUTRITION MANAGEMENT w/ Enable:** Hosted by 3rd party vendor, Enable staffs are fully knowledgeable on care management plan, medications and nutrition management, and more! Join Enable on **Tuesday, December 7th at 11:00am** in the Solarium for Care Management Plan and on **Thursday, December 16th at 11:00am** for Medication and Nutrition Management Plan. Enable staffs are gladly there to help educate, plan, and provide services or answer any questions/concerns you may have regarding your health.
- Please see page 8 for all the **in-person special events, lectures, and concerts**.
- This month, we have planned more **outings** to local attractions and events. However, with the rising cases of the dangerous Delta variant, we are taking extra caution by choosing more outdoor or local outings. As many museums and other venues and events have yet to resume full services, outings will be planned accordingly.
- This month Lunch Outing is on **Wednesday, December 8th at 12:00pm** to **Cooking Papa** and **Thursday, December 30th, at 12:00pm**, to **The Counter**, both located in Mountain View. Please see page 7 for all the outings this month.
- **Avant Residents Birthday Party is back!** This month, we will be celebrating 4 special residents birthday on **Thursday, December 16th at 3:00pm** in the Lounge.
- **TREE TRIMMING** in the Lobby on **Friday, December 4th at 1:00pm**. Come help us trim the Christmas tree! We will provide eggnog, cookies, and all the holiday cheer needed to ring in Christmas!!!
- **CHRISTMAS MOVIE WEEK!** Starting Sunday, December 19th to the 25th, Christmas Day, we will be showing Christmas movies all week at 7:30pm in the Media Room.
- Our weekly Courtyard **Happy Hour** will continue on *Fridays at 3:30pm*. The December 17th, Happy Hour will welcome new residents.
- We will continue to host a couple **virtual activities**. Please see page 8 for all virtual activities.
- We also offer **activity packets** for interested residents. Please pick up a packet daily at the Concierge Desk.

Each month, the Avant and Palo Alto Commons selects an Employee of the Month, and this month's recipient is Christina Fajardo! Christina has been our Meadow Wing and Focus Care nurse for 3 years! She quoted, "It is an honor to be acknowledged EOM. I appreciate the opportunity to share my nursing knowledge and skills within the WellQuest community. Without the residents, I would not be the nurse I am today." Christina was born and raised in San Francisco. She enjoys spending time with her family, cooking, and outdoor activities. Christina's manager, Lutch, quoted "Christina is caring and compassionate to the residents. Not to mention, knowledgeable on all aspects. Our success depends on people like Christina, whose commitment, skills and positive energy make great things happen. Kudos to you Christina, well deserve recognition."



DECEMBER RESIDENT BIRTHDAYS

**** Let's Celebrate ****

Charles A.
December 2

Willis H.
December 17

Mei H.
December 18

Ruth E.
December 22

We will be celebrating **AVANT BIRTHDAY PARTY** on **Thursday, December 16th at 3:00pm** in the Lounge!

Pool & Hot Tub/Spa are OPEN from 7:00am- 11:00pm daily.
 Please note the Avant pool and hot tub/spa are *unavailable* for open swim use during the scheduled times below. Thank you for your cooperation.

SUN	MON	TUES	WEDS	THURS	FRI	SAT
	9:30am-10:30am Scheduled Class w/Les	11:00am-1:00pm Scheduled Maintenance		9:30am-10:30am Scheduled Class w/Les	11:00am-1:00pm Scheduled Maintenance	


LIMIT: 8 Residents in Pool at a time. 4 Residents in Spa/Hot tub at a time.

Daily Fitness Classes in the Lounge

<p>EXERCISE w/ Ev Corzberg BALANCE CLASS w/ Rehab Go FITNESS CLASS</p>	<p>Mondays and Thursdays at 9:30am Wednesdays and Fridays at 9:30am All Other Days at 9:30am</p>
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FITNESS ROOM

OPEN DAILY
 7:00am to 10:00pm
 (Limit: 4 residents at a time)




BOOK CLUB!

Thursday, December 23rd at 3:00pm in the Solarium

RESIDENT WALKING GROUPS


<p>Neighborhood Walk to Robles Park We will walk to Robles Park. Limit: 6 residents.</p>	<p>Sundays, December 5th and 19th at 12:00pm Sign up at Concierge Desk.</p>
<p>Baylands Park Sunnyvale Difficulty Level: Easy/Moderate. Limit: 6 residents.</p>	<p>Tuesday, December 14, at 11:00am Sign up at Concierge Desk.</p>
<p>Shoreline Park</p>	<p>Tuesday, December 28, at 11:00am</p>

CHAIR YOGA w/ GALINA **Wednesdays at 2:00pm**



TRIVIA DINNER NIGHTS
 Mondays, December 13 and 27

COOKING DEMO w/ Chef Colin
 Wednesday, December 15, at 1:00pm in the Lounge



HOLIDAY APPRECIATION PARTY

For Residents & Staff



This will be the thirty-second holiday season that the residents and staff celebrate together and, naturally, some traditions have evolved over the years. In showing our appreciation, we will be hosting a Residents and Staff Holiday Appreciation Party on:

Tuesday, December 21st
from 3:00pm to 4:00pm
in the Lounge.

This Holiday Appreciation Party Concert will be performed by, guitarist, Joseph Wilkes at 3:30pm in the Lounge.

DECEMBER MUSIC AND SPEAKER SPOTLIGHT

LEE ALLEN

Lee Allen, a solo jazz pianist who also provides the sound of full professional jazz trio. Lee Allen's music is of a unique style—popular music influence by classical/romantic structures and performed in a jazz-trio motif.

Join Lee Allen for a Holiday performance on:
December 7th at 3:30pm in the Lounge



JOSEPH WILKES

Back by popular demands, Joseph Wilkes, a guitarist at HealthFlex Home Health & Hospice, plays popular hits and bringing Holiday cheers to our community! Joseph will be performing at our Holiday Appreciation Party on:

December 21st at 3:30pm in the Lounge!

THE CLEFHANGERS

The Peninsula Clef Hangers is a women's choral group volunteers bringing Holiday cheers to our community! Join the holly, jolly Christmas spirits on:

December 13th at 3:00pm in the Lounge



THE RAT PACK TRIO!

The Rat Pack Trio brings the excitement, glamour and music of the Sinatra era. Dean Martin, Frankie, Sammy Davis Junior, Joey Bishop all are represented by the music and banter between the Rat Pack Trio. Sit back and enjoy the music and the jokes from the 40's, 50's and 60's. Hear again those songs that remind us all of a different time and place. Remember what you were doing last time you heard these songs. Celebrate New Years Eve with the Rat Pack Trio.

December 31th at 2:00pm in the Lounge



Ian Scarfe

An Ian's classical piano concerts
are always a treat!

MONDAY, DECEMBER 6 & 20, at 3:00pm

OUTINGS THIS MONTH

FIELD TRIP – Festival Tree Gamble Garden (Limit: 8)

Location: Palo Alto

Event Website: <https://www.eventbrite.com/e/festival-of-trees-2021-tickets-166196553365>

Saturday, December 4, at 11:30am

Cost: \$5 + Fee

LUNCH OUTING – Cooking Papa (Limit: 8)

Location: Mountain View

Restaurant Website + Menu: <https://www.cookingpapa.us/>

Wednesday, December 8, at 12:00pm

Cost: cost of meal (+tax & gratuity)

FIELD TRIP – Historic Bernstorff House (Limit: 8)

Location: Mountain View

Event Website: <https://www.mountainview.gov/depts/cs/shoreline/rengstorff/default.asp>

Sign-up deadline: **December 8th**

Saturday, December 11, at 11:00am

Cost: Free

FIELD TRIP — Stanford Holiday Organ Concert (Limit: 8)

Location: Palo Alto

Event Website: <https://arts.stanford.edu/event/93283/>

Sign-up deadline: **December 9th**

Sunday, December 12, at 1:00pm

Cost: Free

PLEASE NOTE: PROOF OF VACCINATION RECORDS IS REQUIRED FOR THIS OUTING**

SCENIC DRIVE— HOLIDAY LIGHT DRIVE (Limit: 12)

Location: Palo Alto –San Carlos

Sign-up deadline: **December 14th**

Wednesday, December 15, at 5:45pm

Cost: Free

(MASKS ARE REQUIRED ON BUS)

FIELD TRIP — The Nutcracker Ballet Performance

Location: Saratoga (Limit 8 Residents)

Event Website: <https://www.eventbrite.com/e/the-nutcracker-tickets-190743517997>

Sign-up deadline: **December 13th**

Saturday, December 18, at 2:00pm

Cost: \$28- \$58 (+ tax & fee)

LUNCH OUTING – The Counter (Limit: 8)

Location: Mountain View

Restaurant Website+ Menu: <https://www.thecounter.com/stores/mountain-view/32033>

Sign-up deadline: **December 28th**

Thursday, December 30, at 12:00pm

Cost: cost of meal (+tax & gratuity)

OUTINGS GUIDELINES: Please see Activity Department with any questions about outings.



TAI CHI w/ Ritika

Every Monday of December at 2:00pm in the Media Room

Introducing our new TAI CHI PROGRAM with Ritika! Ritika brings over 2 decades of human service through her diverse experience across industries and settings serving individuals to ensure their highest quality of life. Ritika holds a double major degree in Occupational Therapy and Psychology, with additional certifications as a Life Coach, Advanced Reiki Practitioner and Meditation Instructor.

IN-PERSON CONCERTS, LECTURES, SPECIAL EVENTS

TAI CHI w/ RITIKA

Monday, December 6, 13, 20, and 27th, at 2:00pm

Introducing our new TAI CHI PROGRAM with Ritika! Ritika brings over 2 decades of human service through her diverse experience across industries and settings serving individuals to ensure their highest quality of life. Ritika holds a double major degree in Occupational Therapy and Psychology, with additional certifications as a Life Coach, Advanced Reiki Practitioner and Meditation Instructor.

TECH TALK w/CURTIS GOLDEN

Fridays, December 10 and 24, at 1:30pm

Curtis Golden has over 28 years of experience in computer technology and the art of training. Curtis will conduct his “tech talks” every other Friday, December 10th and 24th at 1:30pm in the Media Room.

MUSIC LECTURE w/DEBORAH ROSENGAUS

Fridays, December 3 and 17, at 11:00am

Deborah Rosengaus, mezzo-soprano, holds a Master’s in Vocal Performance from the Manhattan School of Music. Her music lectures are informative and entertaining!

Other Programs:

COOKING DEMO w/ CHEF COLIN

Tuesday, December 15th, at 1:00pm (see page 2)

IN-HOUSE ACTIVITIES w/ CARINA

Christmas Arts & Crafts

Thursday, December 2nd, at 2:00pm (Sol)

Decorating Gingerbread House

Thursday, December 9th, at 2:00pm (Sol)

Holiday Arts & Crafts

Thursday, December 30th, at 2:00pm (Sol)

Both Poetry Reading and Play Reading is lead by our Residents!

New discussions & topics varies each week.

POETRY READING

Tuesday, December 7th and 21st at 11:00am (MR)

PLAY READING

Tuesday, December 14th and 28th at 2:00pm (Sol)

JOIN US FOR THE FOLLOWING MEETINGS THIS MONTH:

- ◇ **Monthly Menu Meeting** (Thursday, December 23, at 12:00pm, in the Solarium)
- ◇ **Monthly Residents Meeting** (Thursday, December 9, at 12:00pm, in the Solarium)
- ◇ **Book Club Meeting** (Thursday, December 23, at 3:00pm, in the Solarium)
- ◇ **RESIDENT’S BIRTHDAY PARTY!** (Thursday, December 16, at 3:00pm in the Lounge)

If you have any questions about activities, please see Jenny Huynh, Ines Camacho, or Carina Rodriguez, in the Activities Department.

VIRTUAL LECTURES (Also Shown in Media Room)

CURRENT EVENTS w/KEN

Wednesdays at 10:15am

Ken Peterson is a Foothill College instructor. He conducts a community-based current events group. As Foothill College is currently entirely in distance-learning mode, his classes will continue to be conducted virtually.

MEETING ID: 977 0979 6548

MEETING LINK: www.cccconfer.zoom.us/j/97709796548

MUSICAL THEATER LECTURE w/BONNIE WEISS

Tuesday, December 21, at 2:00pm

Bonnie Weiss conducts a virtual lecture series about musical theater. Join us on Tuesday, December 21st at 2pm on Zoom, for Bonnie’s next program. The topic of her program this month will be announced.

MEETING ID: 846 9923 3716

MEETING LINK: www.us02web.zoom.us/j/84699233716